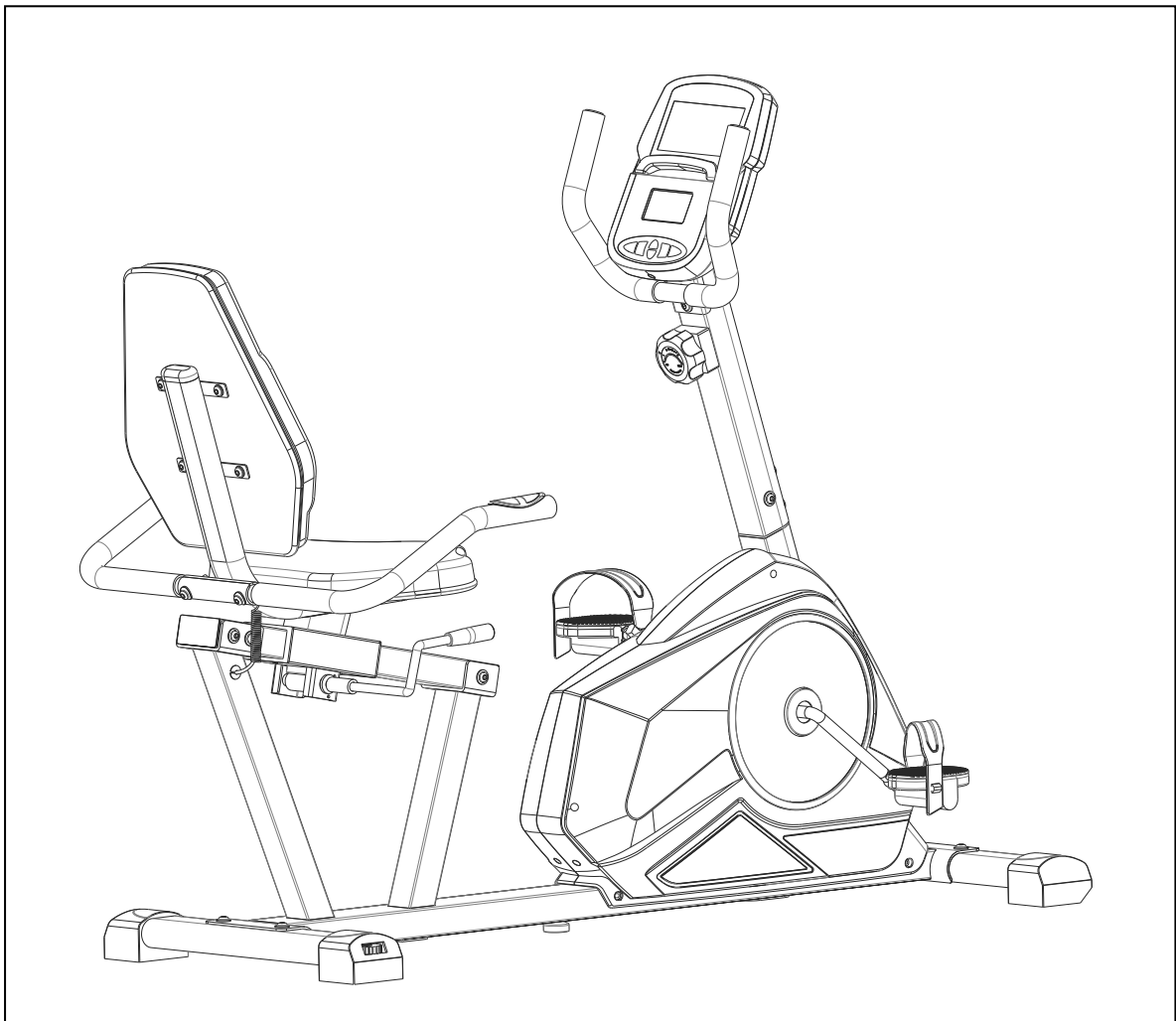




# RECUMBENT BIKE

## SF-RB4953

### USER MANUAL



**IMPORTANT!** Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).



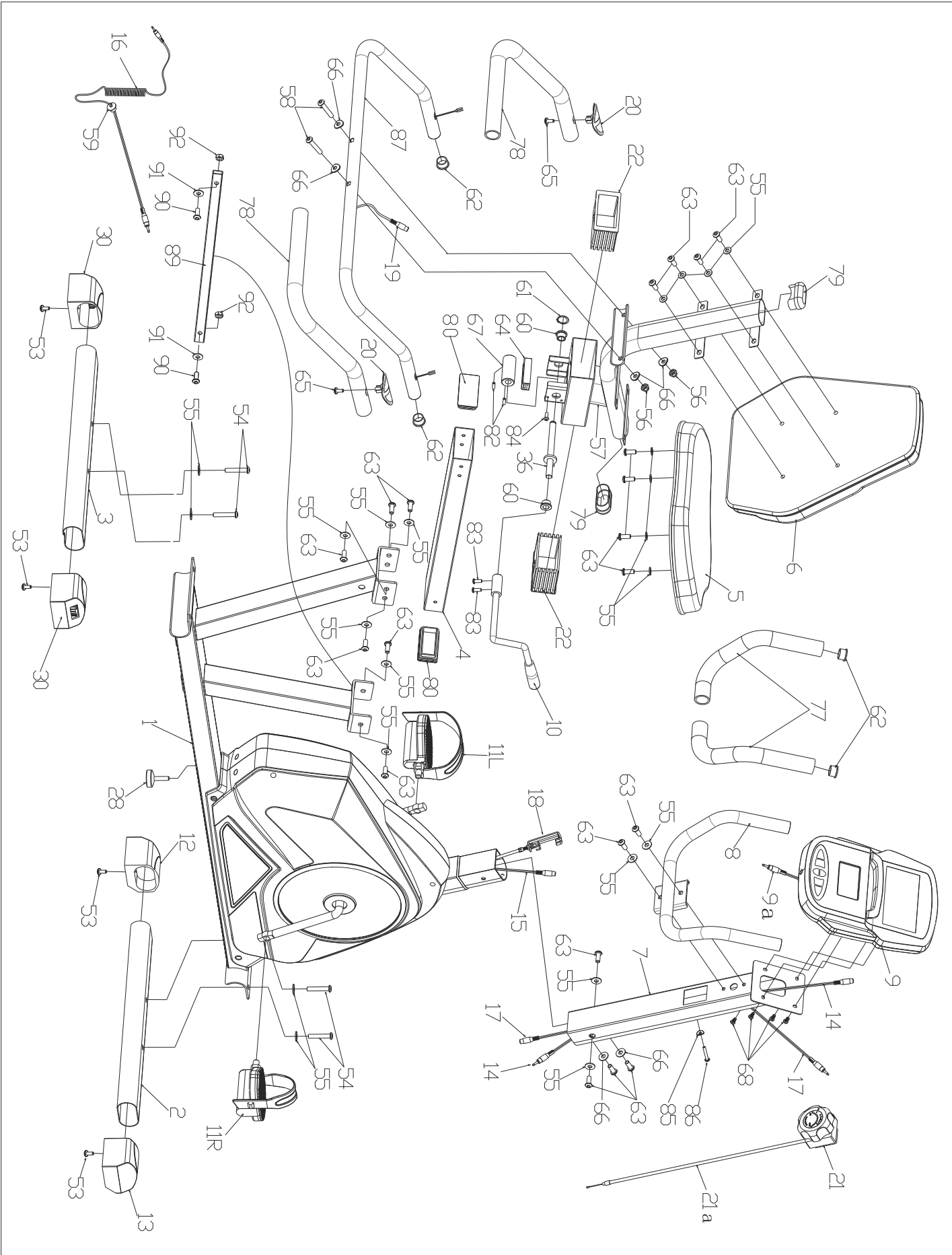
[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)

# **IMPORTANT SAFETY INFORMATION**

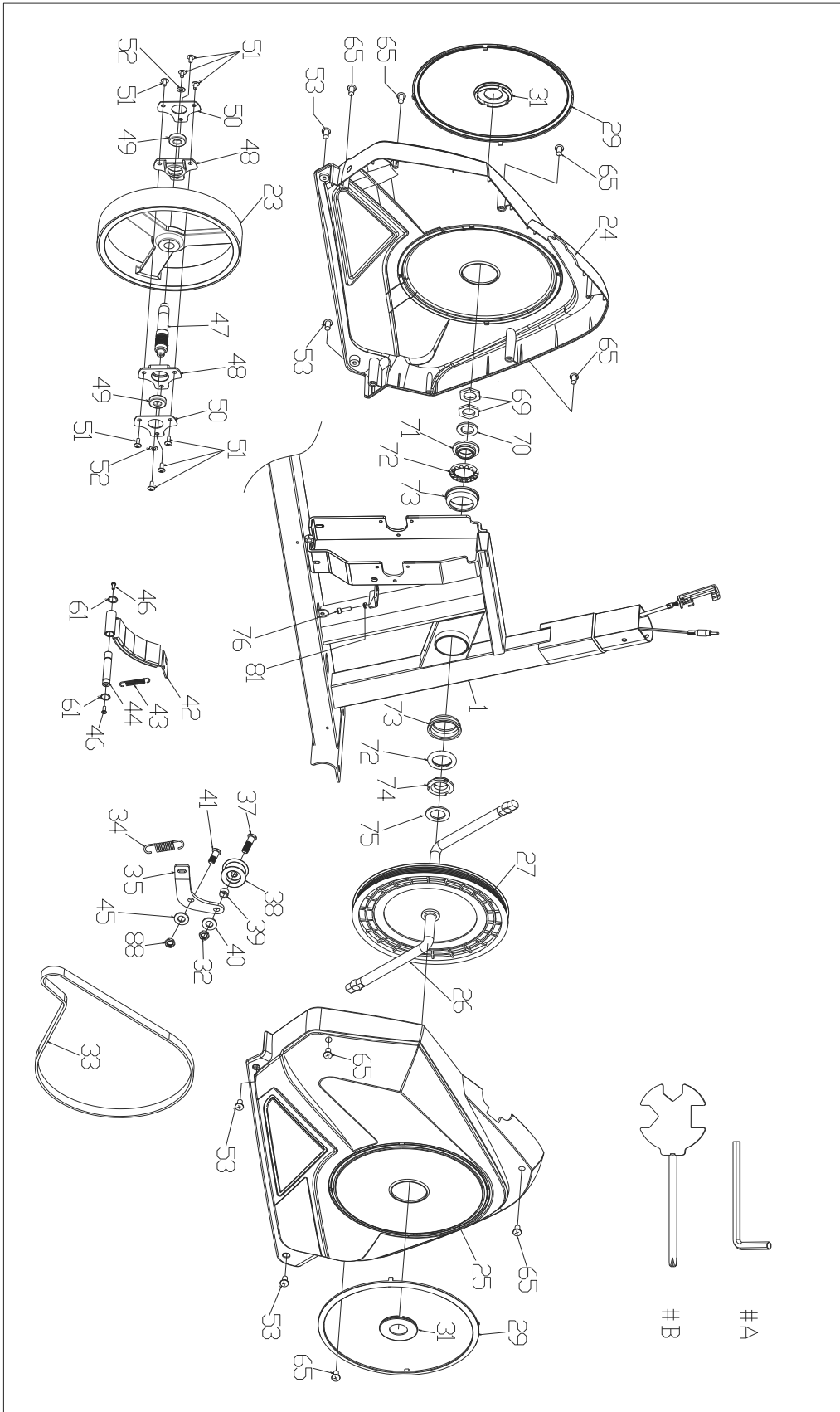
We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 275 pounds (125KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

# EXPLODED DIAGRAM 1



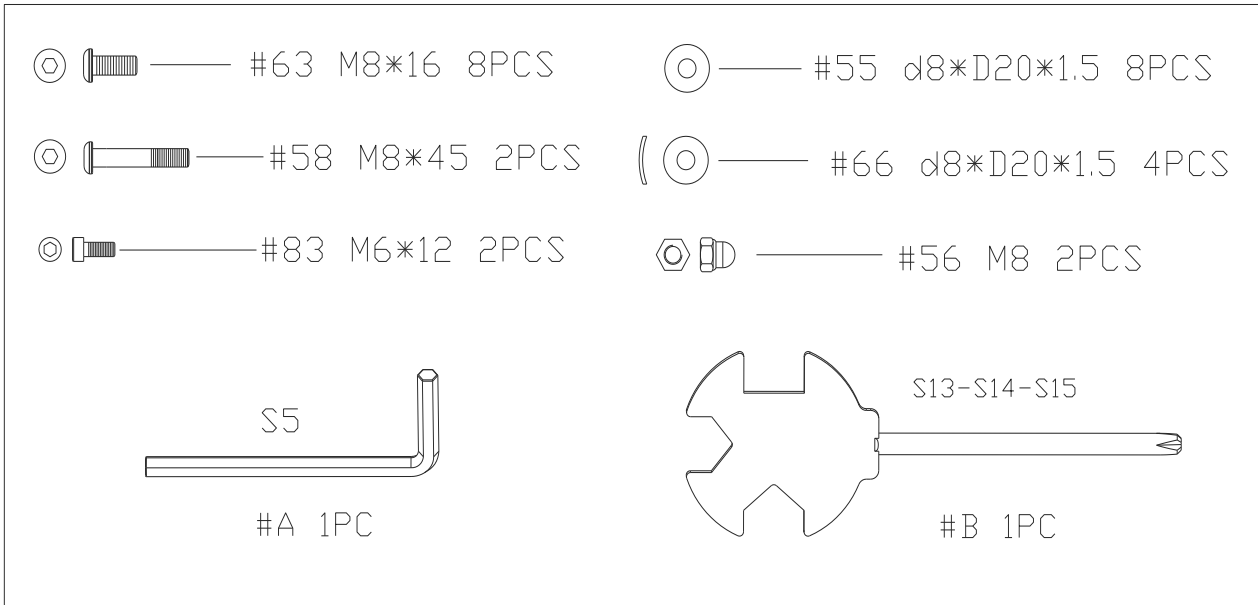
# EXPLODED DIAGRAM 2



# PARTS LIST

No.	Description	Spec.	Qty.	No.	Description	Spec.	Qty.
1	Main Frame		1	47	Flywheel Axle	Φ20*107L	1
2	Front Stabilizer		1	48	Bearing Seat	ABS	2
3	Rear Stabilizer		1	49	Bearing	6001ZZ	2
4	Seat Adjusting Tube		1	50	Bearing End Cover		2
5	Seat		1	51	Screw	M6*10L	8
6	Back Cushion		1	52	Flat Washer	Φ6*Φ13*1.5t	2
7	Front Post		1	53	Screw	ST4.2*19H	8
8	Front Handlebar		1	54	Bolt	M8*50	4
9	Computer		1	55	Flat Washer	d8*D20*1.5	22
9a	Computer Wire		1	56	Cap Nut	M8	2
10	Brake Handle		1	57	Seat Support Set		1
11L/R	Pedal	1/2"-20	2	58	Bolt	M8*45	2
12	Left End Cap	PT40*80	1	59	Grommet		1
13	Right End Cap	PT40*80	1	60	Spacer	Φ22*Φ12.2*12.5L	2
14	Sensor Wire 1		1	61	Circlip	Φ12	3
15	Sensor Wire 2		1	62	End Cap		4
16	Handle Pulse Wire 1		1	63	Screw	M8*16	20
17	Handle Pulse Wire 2		1	64	Locking Piece	ABS	1
18	Tension Wire		1	65	Screw	ST4.2*16H	9
19	Handle Pulse Wire 3		1	66	Arc Washer	d8*D20*1.5	6
20	Handle Pulse Sensor		2	67	Eccentric Gear		1
21	Tension Control Knob		1	68	Screw	M5*10	4
21a	Tension Control Wire		1	69	Hex Nut	7/8"-24-L	2
22	Bushing	40*80-50*100	2	70	Locking Washer	7/8"	1
23	Flywheel	Φ240*40	1	71	Locking Nut - Left	7/8"-24-L	1
24	Left Belt Cover	ABS	1	72	Open Face Bearing		2
25	Right Belt Cover	ABS	1	73	Bearing Housing		2
26	Crank	235*140*1/2-20	1	74	Locking Nut - Right	15/16"-24-R	1
27	Belt Wheel	Φ240*20*PJ6	1	75	Locking Washer		1
28	Adjusting Pad	Φ48*16L	1	76	Screw	M6*35L	1
29	Decorative Circle	ABS	2	77	Foam Grip		2
30	End Cap	PT40*80	2	78	Foam Grip		2
31	Decorative Cover	PVC	2	79	Oval End Cap	PT30*60	2
32	Nylon Nut	M10*1.5	1	80	Square End Cap	40*80	2
33	Belt	PJ6 - 395	1	81	Nut	M6	1
34	Tension Spring	Φ2.5*Φ16*75L	1	82	Screw	M6*1.0*8L	2
35	Idler Wheel Shaft		1	83	Screw	M6*12	2
36	Connecting Axle	Φ12*137L	1	84	Screw	M5*12H	1
37	Fixing Plate Screw	M10*1.5*42L	1	85	Arc Washer	Φ5*Φ13*1.5t	1
38	Idler Wheel	Φ37*Φ30*22.4L	1	86	Screw	M5*40H	1
39	Idler Shaft Bushing	Φ14*Φ10.2*6L	1	87	Rear Handlebar		1
40	Flat Washer	Φ10.2*Φ20*1.5t	1	88	Nylon Nut	M8*1.25	1
41	Screw	M10*1.5*20L	1	89	Reinforced Tube		1
42	Magnetic Board		1	90	Screw	M8*25	2
43	Tension Spring	Φ1.0*Φ15*55L	1	91	Flat Washer	d8*D20*1.5	2
44	Axle of Rotation	Φ12*67	1	92	Nut	M8	2
45	Washer	Φ8.2*Φ16*1.0t	1	A	Allen Wrench	S5	1
46	Screw	M6*20L	2	B	Spanner	S13-14-15	1

# **HARDWARE PACKAGE**



## **Ordering Replacement Parts (U.S. and Canadian Customers only)**

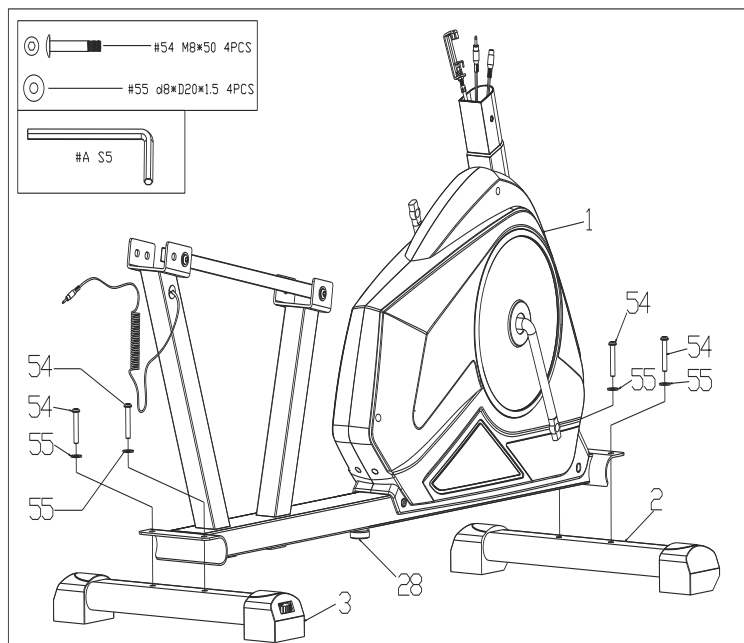
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1- 877 - 90SUNNY (877-907-8669).

# ASSEMBLY INSTRUCTIONS

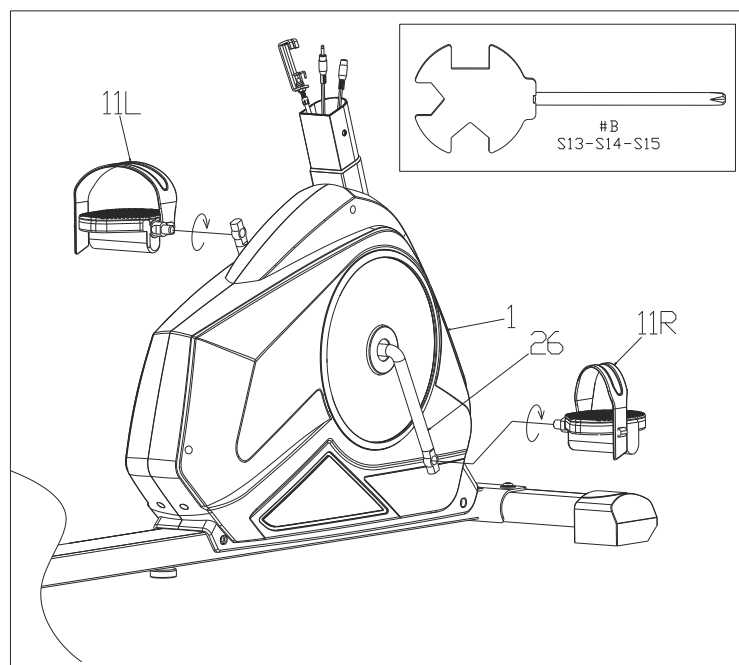
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



## STEP 1:

Remove 4 **Bolts (No. 54)** and 4 **Flat Washers (No. 55)** from **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** using **Allen Wrench (No. A)**.

Attach **Front Stabilizer (No. 2)** and **Rear Stabilizer (No. 3)** onto **Main Frame (No. 1)** using 4 **Bolts (No. 54)** and 4 **Flat Washers (No. 55)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.



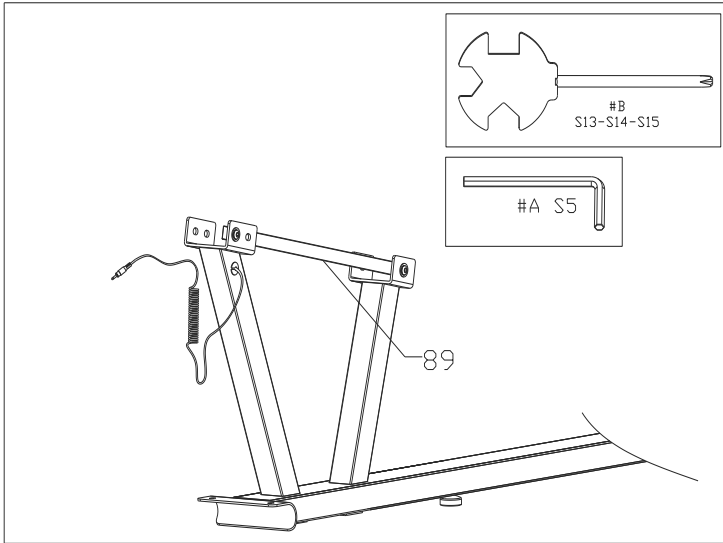
## STEP 2:

Align the **Left Pedal (No. 11L)** with the left side of the **Crank (No. 26)** at 90° and gently insert the pedal into the crank arm. Turn the **Left Pedal (No. 11L)** *counter-clockwise* as tightly as you can with your hands, then use **Spanner (No. B)** to tighten securely.

Align the **Right Pedal (No. 11R)** with the right side of the **Crank (No. 26)** at 90° and gently insert the pedal into the crank arm. Turn the **Right Pedal (No. 11R)** *clockwise* as tightly as you can with your hands, then use **Spanner (No. B)** to tighten securely.

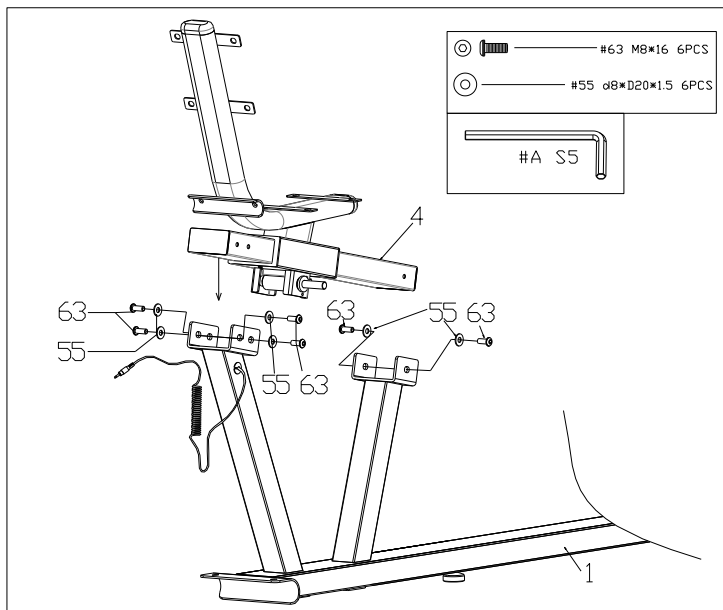
**NOTE:** **Left Pedal (No. 11L)** is marked with "L" and **Right Pedal (No. 11R)** is marked with "R".

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 3:

Remove the **Reinforced Tube (No. 89)** from the **Main Frame (No. 1)**, using **Spanner (No. B)** & **Allen Wrench (No. A)** before continuing to assemble this equipment.



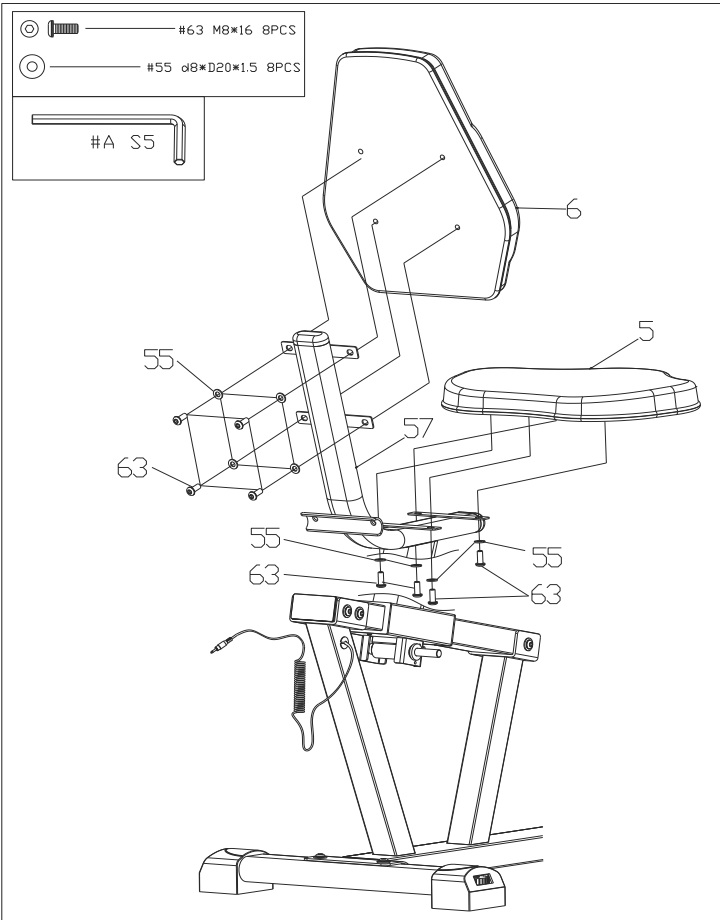
### STEP 4:

Remove 6 **Screws (No. 63)** and 6 **Flat Washers (No. 55)** from the **Seat Adjusting Tube (No. 4)** using **Allen Wrench (No. A)**.

Attach the **Seat Adjusting Tube (No. 4)** onto **Main Frame (No. 1)** with 6 **Screws (No. 63)** and 6 **Flat Washers (No. 55)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

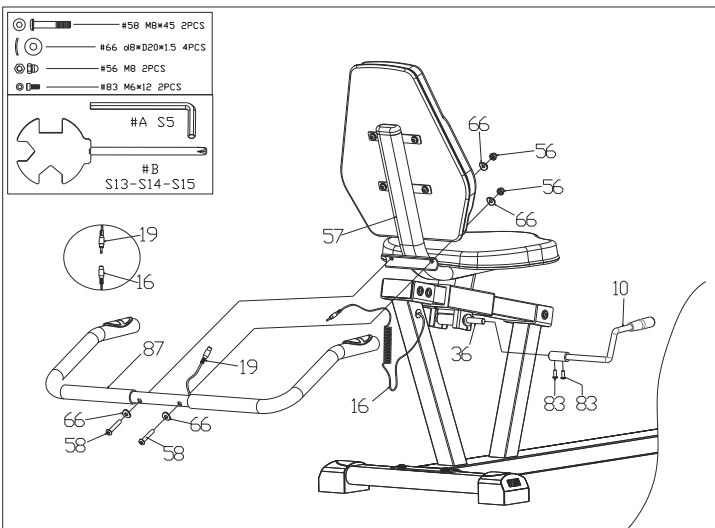


We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 5:

Attach **Seat (No. 5)** and **Back Cushion (No. 6)** onto **Seat Support Set (No. 57)** with **8 Screws (No. 63)** and **8 Flat Washers (No. 55)**. Tighten and secure with **Allen Wrench (No. A)**.



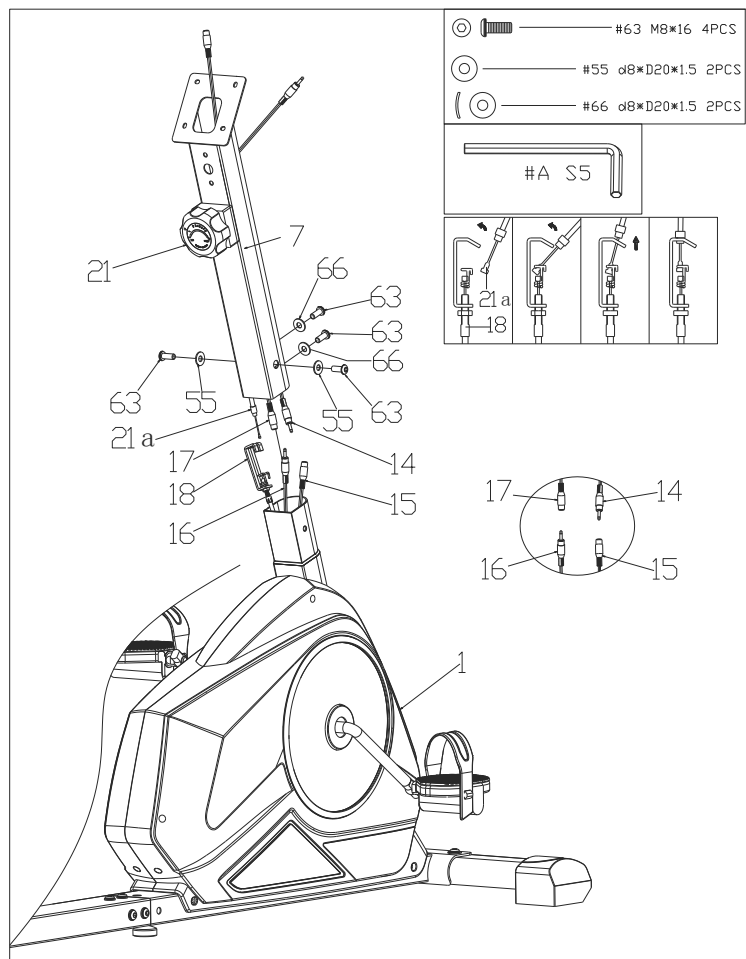
### STEP 6:

Attach **Rear Handlebar (No. 87)** onto **Seat Support Set (No. 57)** using **2 Bolts (No. 58)**, **4 Arc Washers (No. 66)** and **2 Cap Nuts (No. 56)**. Tighten and secure with **Allen Wrench (No. A)** and **Spanner (No. B)**.

Connect **Handle Pulse Wire 3 (No. 19)** with **Handle Pulse Wire 1 (No. 16)**.

Attach **Brake Handle (No. 10)** onto **Connecting Axle (No. 36)** using **2 Screws (No. 83)**. Tighten and secure with **Allen Wrench (No. A)**.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 7:

Remove 4 **Screws (No. 63)**, 2 **Flat Washers (No. 55)** and 2 **Arc Washers (No. 66)** from **Main Frame (No. 1)** with **Allen Wrench (No. A)**.

**CAUTION:** Please make sure **Tension Control Knob (No. 21)** is at the lowest resistance level (level 1, all the way to the left) before you connect **Tension Wire (No. 18)**.

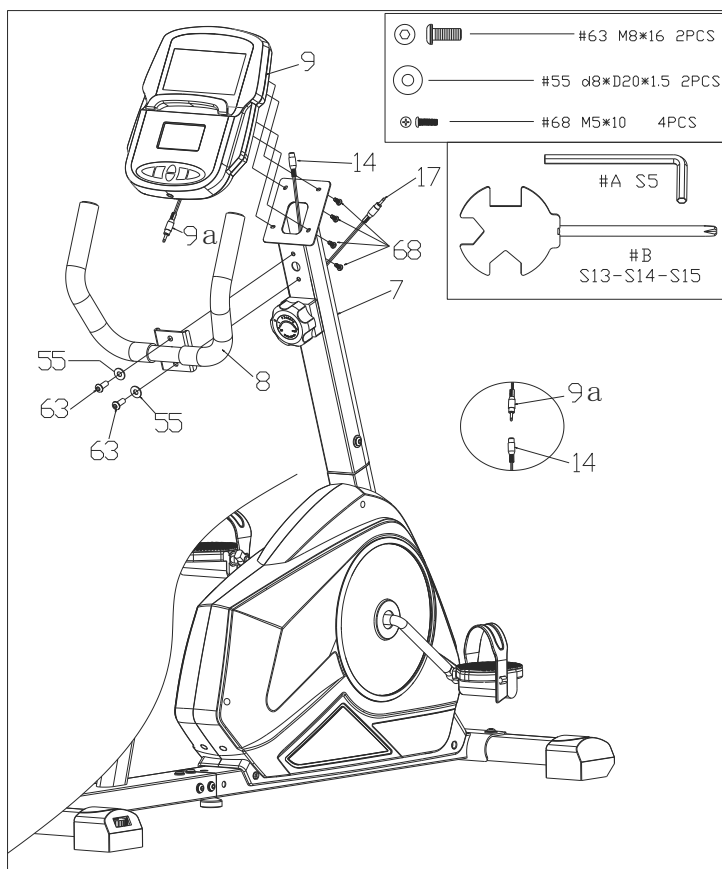
Connect **Tension Control Wire (No. 21a)** with **Tension Wire (No. 18)**. Then, pull **Tension Control Wire (No. 21a)** upward and insert it into the slot of metal bracket of **Tension Wire (No. 18)**. Make sure the metal fitting **Tension Control Wire (No. 21a)** is secured in the metal bracket.

Turn the **Tension Control Knob (No. 21)** to the highest resistance level (level 8, all the way to the right) after you connect the **Tension Control Wire (No. 21a)** with **Tension Wire (No. 18)**.

Connect **Sensor Wire 1 (No. 14)** with **Sensor Wire 2 (No. 15)**, then connect **Handle Pulse Wire 1 (No. 16)** with **Handle Pulse Wire 2 (No. 17)**. Please ensure that all the pins are straight when connecting.

Attach **Front Post (No. 7)** onto **Main Frame (No. 1)**. Secure them using 4 **Screws (No. 63)**, 2 **Flat Washers (No. 55)** and 2 **Arc Washers (No. 66)** that were removed. Tighten using **Allen Wrench (No. A)**.

We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com) or 1-877-90SUNNY (877-907-8669).



### STEP 8:

Remove 2 **Screws (No. 63)** and 2 **Flat Washers (No. 55)** from top end of **Front Post (No. 7)** using **Allen Wrench (No. A)**.

Attach **Front Handlebar (No. 8)** onto **Front Post (No. 7)** using 2 **Flat Washers (No. 55)** and 2 **Screws (No. 63)** that were removed. Tighten and secure with **Allen Wrench (No. A)**.

Remove 4 **Screws (No. 68)** from the back of **Computer (No. 9)** with **Spanner (No. B)**.

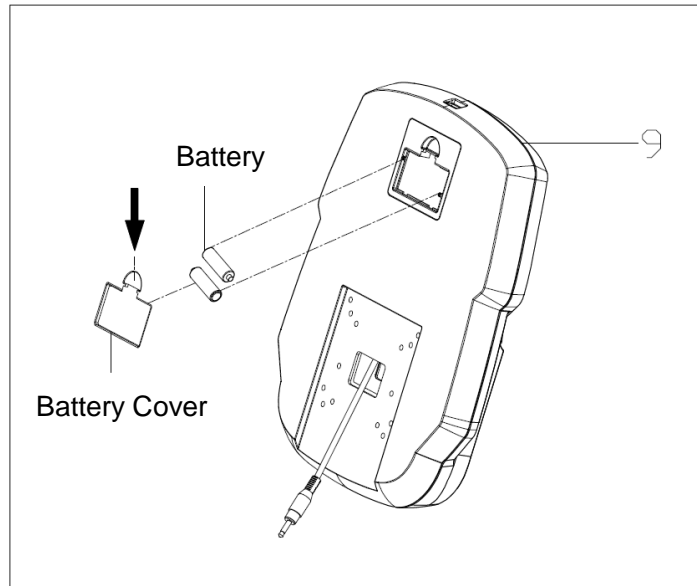
Connect **Sensor Wire 1 (No. 14)** with **Computer Wire (No. 9a)**. Please ensure that all the pins are straight when connecting.

Attach **Computer (No. 9)** onto the bracket of **Front Post (No. 7)** using 4 **Screws (No. 68)** that were removed. Tighten and secure with **Spanner (No. B)**.

Insert **Handle Pulse Wire 2 (No.17)** into the "Pulse Input" jack in the back of **Computer (No. 9)**.

*The assembly is complete!*

# **BATTERY INSTALLATION & REPLACEMENT**



## **BATTERY INSTALLATION:**

1. Take out 2 AA batteries from computer box.
2. Press the buckle of the battery cover on the back of the **Computer (No. 9)**, and then remove battery cover.
3. Install 2 AA batteries into the battery case on the back of the **Computer (No. 9)**. Pay attention to the battery + and – ends before installing.
4. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 9)**.

*The installation is complete!*

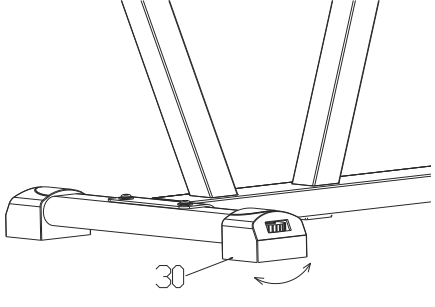
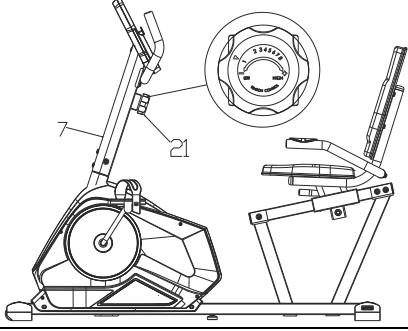
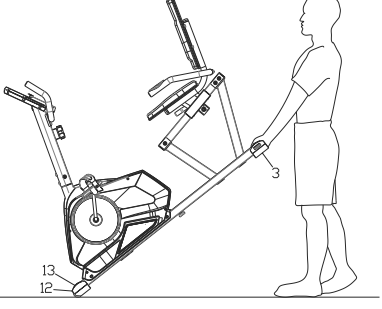
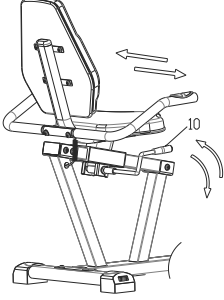
## **BATTERY REPLACEMENT:**

1. Press the buckle of the battery cover on the back of the **Computer (No. 9)**, then remove the battery cover.
2. Remove the 2 old AA batteries in the battery case and install 2 new AA batteries into the battery case on the back of the **Computer (No. 9)**. Pay attention to the battery + and – ends before installing.
3. Press the buckle of the battery cover, then put the battery cover back to the back of the **Computer (No. 9)**.

*The replacement is complete!*

**NOTE:** Always change both batteries at the same time. Do not mix battery types and do not mix old and new batteries. Dispose batteries according to your state and regional guidelines.

# ADJUSTMENTS & USAGE GUIDE

	<p><b>ADJUSTING THE BALANCE</b></p> <p>In order to achieve a smooth and comfortable ride, you must ensure that the bike is stabled and secured. If you notice that the recumbent bike is unbalanced during use, you should adjust the <b>End Cap (No. 30)</b> located on the rear stabilizer until the recumbent bike becomes levelled with the floor surface.</p>
	<p><b>ADJUSTING THE TENSION</b></p> <p>Adjust the tension by rotating the <b>Tension Control Knob (No. 21)</b> <i>clockwise</i> to increase the level of resistance. Rotate the <b>Tension Control Knob (No. 21)</b> <i>counter-clockwise</i> to decrease the level of resistance.</p> <p>Tension levels are set at Level 1 being the lowest and Level 8 being the highest.</p>
	<p><b>MOVING THE RECUMBENT BIKE</b></p> <p>To move the bike, hold <b>Rear Stabilizer (No. 3)</b> and tilt the bike until the movable wheels on the <b>Left &amp; Right End Caps (No. 12 &amp; No. 13)</b> located on the front stabilizer touch the ground. With the wheels on the ground, you can transport the recumbent bike to the desired location with ease.</p>
	<p><b>ADJUSTING THE SEAT</b></p> <p>To adjust the seat forward or backwards, press down <b>Brake Handle (No. 10)</b>, then slide the seat to the desired position, lift the <b>Brake Handle (No. 10)</b> to tighten.</p>
<p><b>CLEANING</b></p> <p>The recumbent bike can be cleaned with a soft, clean, damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the recumbent bike after each use. Be careful not to get excessive moisture on the computer display panel as this might cause electrical hazard or electronics to fail.</p> <p>Please keep the recumbent bike, especially the computer, out of direct sunlight to prevent screen damage.</p> <p>Please inspect all assembly bolts and pedals on the recumbent bike for proper tightness every week.</p>	
<p><b>STORAGE</b></p> <p>Store the recumbent bike in a clean and dry environment, away from children.</p>	

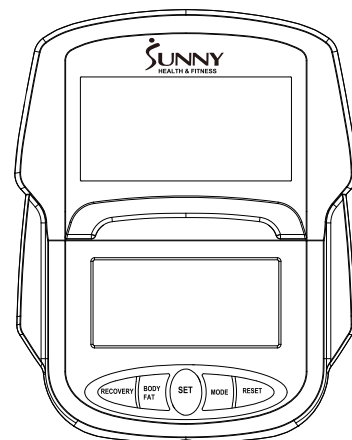
# EXERCISE COMPUTER

## FUNCTION KEYS

### MODE:

1. Press the button to select hour, minute, year, month, and date for setting.
2. Press the button to select TIME, DISTANCE, CALORIES, and PULSE to preset.
3. Press the button to selection function displaying on main LCD or enter after setting.
4. Press the button to confirm setting value of gender, age, height, and weight.
5. Press the button and hold for 2 seconds to reset all values to zero.  
(Replacing batteries will reset all values to ZERO automatically).

**Note: If the time, date, and year are not set up in the beginning, you must remove the batteries and reinsert them to set up these functions. Previous data will not be saved.**



### SET:

1. Set up time, year, month, and date.
2. Set up the target value of Time, Distance, Calories and Pulse. You can hold the button to increase the value fast.
3. Set up the personal data of Gender, Age, Height, and Weight for Body fat test.

### RESET:

1. Press the button to reset function value when setting.
2. Press and hold the button for 2 seconds to reset all values to ZERO. (Replacing batteries will reset all values to ZERO automatically).

### BODY FAT:

Press this button to enter Body Fat measuring function. Next, press the MODE button to enter your personal data of Gender, Age, Height and Weight. After you have finished setting, press again to measure your Body fat percentage (FAT%) and BMI.

### RECOVERY:

To activate the heart rate recovery function after pulse signal, press any button to return to the main display.

## FUNCTIONS

**SCAN:** Automatically scans through each mode in sequence every 6 seconds. The cycle of functions showing on display is RPM - Speed – Time – Distance – Calorie – Pulse.

**TIME:** Accumulates the total time from 00:00 up to 99:59. The user may preset the target time by pressing SET & MODE buttons. Each increase is 1 minute.

**RPM:** Displays the Rotation per Minute (RPM). The RPM and SPEED will switch to one another on display, every 6 seconds after the exercise starts.

**SPEED:** Displays current training speed. Maximum speed is 99.9 mph (miles/hour).

**DISTANCE:** Accumulates total distance from 0.00 up to 99.99 m (miles). The user may preset target distance data by pressing SET & MODE button, by increment of 0.5m (miles).

**CALORIES:** Accumulates calories burned during training from 0 to max. 999 calories. The user may also preset the target calorie before training by pressing the SET & MODE buttons, by increments of 10 cal.

**PULSE:** Displays the user's heart rate in beats per minute during training. You may set the target heart rate by pressing the SET & MODE buttons.

**NOTE: This data was designed to be the guide for exercise use only and should not be used for medical purpose.**

**CALENDAR:** Displays the date, month, and year when the monitor is in sleep mode.

**CLOCK:** Displays current time when the monitor is in sleep mode.

**TEMPERATURE:** Displays current room temperature from 50°F to 140°F when the monitor is in sleep mode.

## **OPERATION**

1. Power on – Install 2 pieces of 1.5V UM-3 or AA batteries. The monitor starts the segment test with a long beeping sound. (When the batteries are removed, all the function values will be reset to zero or default value.)
2. Set current data – Press the SET & MODE buttons to set up current clock time, year, month, and date. After the first setting and until the batteries need to be replaced, the preset data will be updated automatically.
3. Select and preset target value – Get access to the setting function of Time, Distance, Calories, and Target Pulse. When you are in TIME setting mode, the value will flash, and you can press SET button to adjust the value. Press MODE button for confirmation and skip to next setting. The setting of Distance, Calories, and Target Pulse is the same as Time setting.
4. After entering the speed signal, each function of SPEED-RPM-TIME-DISTANCE-CALORIES-PULSE will display every 6 seconds.
5. You can press the MODE button to select single function display on the main screen except RPM & SPEED. The RPM & SPEED function will display every 6 seconds.
6. If you have preset any function target before, the function starts to count down from the target when the training starts. Once target is achieved, the monitor will beep, and the function will count from zero automatically if training continues.
7. Pulse measurement – After holding onto the pulse sensors for a few seconds, the monitor will show your current heart rate in beats per minute. To ensure the heart rate readout is precise, please hold the pulse sensors with both hands. You may preset target pulse before training starts. Once your current heart rate is achieved, the value of pulse will beep to notify you.
8. Recovery – When the PULSE is working, you can press “RECOVERY” button to start the recovery test function. The monitor will count down from 0:60 second to 0:00 and the heartbeat symbol will flash until the countdown reaches “0:00”. For the 60 second counting period, please keep both hands on the pulse sensors. The screen will display “F1 to F6” to show your recovery status. F1 is the best, and the F6 is the worst. You may keep exercising to improve your heart

rate recovery status and check it by using the Recovery function.

9. Body Fat -

9-1. Press the BODY FAT key to enter body fat measurement.

9-2. Press MODE & SET buttons to input your personal data. Each personal data available is described as the following:

AGE: 10 ~ 99 years      HEIGHT: 100 ~ 250 cm (3'03" ~ 8'02")      WEIGHT: 10 ~ 200 kg (22 ~ 440 lb)

9-3. After all personal data has been entered, you can press the BODY FAT button and hold pulse sensors to start the body fat testing.

9-4. It takes a few seconds to test the body fat. If you did not hold onto the sensors during the testing procedure, the LCD will show the error sign Err after 10 second period.

9-5. After testing is finished, you will see a percentage and BMI figure (Body Mass Index) display on the main LCD in sequence by scan mode.

BODY FAT % : Calculated from your personal data to show the value from 5%~50%.

BMI: Calculated from your personal data to show the value from 1.0~99.99.

9-6. Press any key except SET to return to the main display.

**Note:**

1. If training stops for 4 minutes, the screen will show room temperature, clock, and calendar display automatically.
2. If the computer has not received any speed signal or key input for one minute, the LED backlight will turn off automatically. Any speed signal or key input can turn on the LED backlight automatically.
3. If the computer display is abnormal, please re-install the batteries and try again.
4. Battery Spec: 1.5V UM-3 or AA (2PCS).



# TROUBLESHOOTING

<b>PROBLEM</b>	<b>SOLUTION</b>
There is no display on the computer.	<ol style="list-style-type: none"><li data-bbox="711 300 1431 495">1. Remove the computer and verify that the wire from the computer is properly connected to the wire that comes from the front post.</li><li data-bbox="711 495 1431 629">2. Check if the batteries are correctly positioned and battery springs are in proper contact with batteries.</li><li data-bbox="711 629 1431 719">3. The batteries in the computer may be unresponsive. Change to new batteries.</li></ol>
The recumbent bike wobbles when in use	Turn the end cap on the rear stabilizer as needed to level the recumbent bike.
The recumbent bike makes squeaking noise when in use.	The bolts may have become loose on the recumbent bike. Please inspect all the bolts and tighten any loosened bolts.

# CONNECT WITH US

FOR FITNESS  
ARTICLES, VIDEOS  
& WORKOUTS



@SUNNYHEALTHANDFITNESS



@SUNNYHEALTHFITNESS



@SUNNYHEALTHFIT



/SUNNYHEALTHFITNESS



/SUNNYHEALTHANDFITNESS

[WWW.SUNNYHEALTHFITNESS.COM](http://WWW.SUNNYHEALTHFITNESS.COM)